

# TOTAL ABDOMINAL HYSTERECTOMY AND BILATERAL SALPINGO-OOPHORECTOMY

## **What is a total abdominal hysterectomy with a bilateral salpingo-oophorectomy?**

Hysterectomy is a surgery to remove the uterus and cervix. “Abdominal” is the surgical technique that will be used. This means the surgery will be done through an incision in your abdomen. A bilateral salpingo-oophorectomy is surgery to remove both of your ovaries and fallopian tubes. The hysterectomy and bilateral salpingo-oophorectomy will both be done during one procedure. This surgery will remove the uterus, cervix, ovaries, and fallopian tubes. After a hysterectomy you will no longer have periods or be able to become pregnant.

## **Why am I having this surgery?**

There are multiple reasons why your provider may suggest a hysterectomy and salpingectomy:

- Heavy periods
- Endometriosis
- Uterine fibroids
- Cancer

You may also need to have a bilateral salpingo-oophorectomy if you are high risk for ovarian cancer, have certain types of breast cancer, or have ovarian masses or cysts.

## **What happens during this surgery?**

Before the procedure, you will be given general anesthesia to sleep. Depending on your reason for surgery, the incision may be made either vertically or horizontally. A horizontal incision is made in your lower abdomen along the pubic hair, or bikini, line. A vertical incision is made above or below your belly button down to right above the pubic bone. The surgeon will remove your uterus, cervix, ovaries, and/or fallopian tubes from this incision.

## **What are the risks?**

This procedure has a small risk of:

- Bleeding during surgery, which may require a blood transfusion
- Infection of the bladder or surgical site
- Damage to surrounding organs (bladder, bowel, and ureters)
- Possible need for further surgery

## **What should I do to prepare for the procedure?**

- Do not eat or drink anything after midnight the night before your surgery.
- You will be under anesthesia for the procedure so you will need someone to drive you to and from your appointment.

- Be sure to arrive two hours before your estimated surgery start time.
- Ask your provider any questions you may have before the procedure, especially instructions on stopping or continuing to take any existing medications.
- Follow the instructions from our office to schedule your pre and post op appointments.

**What should I expect during recovery?**

After surgery, you will usually need to remain in the hospital for about 2 nights. You should expect a full recovery after surgery to take about 6 weeks.

It is normal to have vaginal bleeding and discharge for 1 to 2 weeks after surgery. The discharge and bleeding should gradually decrease.

For 6 weeks after surgery, you need to avoid strenuous exercise, lifting heavy objects, and sexual activity.

**Call your provider if you experience:**

- Fever greater than 100.4 degrees Fahrenheit
- Severe nausea / vomiting or abdominal pain
- Heavy bleeding (more than 2 pads soaked per hour)
- Redness, swelling, or discharge from your incisions

Office number: **(404) 778-3401**, Monday – Friday 8:00AM – 5:00PM

- For emergencies after hours, calling this number will connect you to the operator, who will page the OBGYN physician on call.
- **If your pain becomes severe, or your fever rises above 102°F in the 3 days following the procedure you should go to the emergency room.**

Additional instructions:

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